

HALIFAX metro®

NEWS
WORTH
SHARING.



All-dressed pizza and a soft drink?

Not in Nova Scotia. Metro takes another look at regional language differences **PAGE 8**

Friend me if you stole my bike!

Local man turns to Facebook to try and catch the people who nabbed his ride **PAGE 4**

N.S. taking control of Bluenose II

Province says restoration is 'substantially complete' **PAGE 3**

OH, SHOULD I NOT HAVE FLUSHED?

DON'T BE THAT GUEST. KNOW THE VACATION ETIQUETTE BEFORE DRIVING DOWN TO YOUR FRIEND'S COTTAGE AND TAKING A DIP **PAGE 14**

'His actions were despicable'



Lawyer Lyle Howe enters Nova Scotia Supreme Court in Halifax with his partner on Wednesday to be sentenced on a charge of sexual assault. JEFF HARPER/METRO

Lyle Howe case. Chief Justice sentences suspended lawyer to three years for sexual assault



HALEY RYAN
haley.ryan@metronews.ca

Suspended Halifax lawyer Lyle Howe has been sentenced to three years in prison for sexually assaulting a young woman three years ago, a conviction that is being appealed.

In Nova Scotia Supreme Court Wednesday, Chief Justice Joseph Kennedy accepted a joint recommendation for a three-year sentence from defence attorney Phil Star and the Crown, calling it "sound."

Kennedy said Howe used his position as a lawyer to "effectively seduce" the 19-year-old victim.

"His actions were despicable and eventually criminal," Kennedy said.

Although the teen had been "skeptical" about meeting Howe and his friend for a date in March 2011, she testified

that she thought because Howe was a lawyer he wouldn't do anything to jeopardize his career.

"It turned out that he would, and he did," Kennedy said.

In May, a jury found Howe guilty of sexually assaulting a 19-year-old woman, but acquitted him of administering a stupefying substance.

Howe testified he'd had consensual sex with the woman, but the Crown argued she was impaired and did not give consent.

Kennedy said even without a criminal record, the range of sentencing for sexual assault in Nova Scotia generally does not warrant less than two years' incarceration.

Before the sentence was delivered, Howe told Kennedy he was "certainly not proud" of what he did.

"I am remorseful for my actions," Howe said. "I didn't believe it was criminal but ... I'm embarrassed by it."

Howe's clean record and a pre-sentence report showing family and community support were taken into consideration, said Crown attorney Dan Rideout.

Sentencing

Lyle Howe will also provide a DNA sample, be placed on the sex offender registry, and prohibited from owning guns.

Rideout said outside court the "intrusiveness" of the sexual assault was considered an aggravating factor, noting Howe admitted to having oral, vaginal, and anal sex with the victim.

Star told reporters he agreed to a joint recommendation because it wasn't "likely" Howe would receive a lesser sentence, and had filed a notice of appeal Wednesday on Howe's behalf.

David Sparks, spokesman for a group supporting Howe, told reporters he believes Howe was not tried by a "jury of his peers" because there was only one black juror in the trial.

"I think he will be ultimately vindicated," Sparks said.

In court, Kennedy said the jury's decision was supported by evidence and "they were careful, and they were correct."

A new career. A better life.



Train to become a Medical Office Administrator.

Be job ready in 52 weeks.

maritimebusinesscollege.com | 463-6700



**FACTORY
AUTHORIZED
CLEAROUT SALE**

HURRY OR LIMITED QUANTITIES REMAINING!

**AT O'REGAN'S
DARTMOUTH
HYUNDAI ONLY**

Christmas in July

**1
DAY
LEFT**

WITH EVERY PURCHASE OF AN ELANTRA/ ACCENT FROM O'REGAN'S DARTMOUTH HYUNDAI YOU CAN PICK YOUR PRESENT



**A TRIP FOR 2 TO FLORIDA
INCLUDING PASSES TO DISNEY**

OR

BONUS

**7-YEAR
WARRANTY**

OR

FREE WINTER TIRES



2014 **ELANTRA GL** SEDAN

WAS \$18,449

NOW

\$14,264 OR \$39 /WEEK

SAVE \$4,185



2014 "Highest Ranked
Compact Car in Initial
Quality in the U.S."

**AIR CONDITIONING,
KEYLESS ENTRY,
BLUETOOTH PLUS MORE**

2014 **ACCENT**

WAS \$13,549

NOW

\$8,864 OR \$25 /WEEK

SAVE \$4,685



2014 "Highest Ranked
Small Car in Initial
Quality in the U.S."



* Sale on all in stock models only, while supplies last. Freight, taxes and fees not included. Vehicles not exactly as shown. All offers end July 31st. Pick your present only with O'Regan's financing. See dealer for details.



**CANADA'S
BEST
MANAGED
COMPANIES**
Platinum member

O'REGAN'S
DRIVING HIGHER STANDARDS

**DARTMOUTH
HYUNDAI**

**60 BAKER DRIVE, UNIT - D
465-7500
oreganshyundaিদartmouth.com**

Alleged assault on homeless senior. Man's case postponed until August

A 24-year-old charged in the beating of a homeless man in Victoria Park appeared briefly in court Tuesday morning before having his matter set over for another two weeks.

Jaspaul Nijjar, 24, stood quietly in Halifax provincial court during his short appearance before Judge Michael Sherar. Nijjar's lawyer said his client has a number of other matters before the courts across Nova Scotia and asked for more time to go through the offences with the Crown and bring them to the Halifax court. Nijjar will next appear in court on Aug. 14.

Halifax police arrested Nijjar on June 25, alleging he verbally abused a 61-year-old homeless man sitting on a park bench and punched him in the face.

Nijjar was charged with assault, causing a disturbance, resisting arrest and breaching conditions. He was arrested again later and charged with breaching an undertaking and breach of probation.

HALEY RYAN/METRO



Jaspaul Nijjar enters Halifax provincial court on Wednesday. JEFF HARPER/METRO



Bluenose II, Nova Scotia's sailing ambassador, heads to port in Lunenburg, N.S., after sea trials on June 24. The schooner has been relocated to a new berth in Lunenburg where the outstanding restoration work is to be completed. ANDREW VAUGHAN/THE CANADIAN PRESS

N.S. government takes control of Bluenose II

Cost of \$19M. Province hopes restoration of the iconic schooner will be completed before summer ends

DESIREE FINHERT

halifax@metronews.ca

The province of Nova Scotia has formally taken possession of the beleaguered Bluenose II, saying its restoration is "substantially complete."

The schooner was moved to a berth outside the Lunenburg Fisheries Museum of the Atlantic on Wednesday, after

undergoing restoration for the last two years at the Lunenburg Foundry dock.

"We have reached a point where the project is substantially complete, and so we are taking control of it," said Deputy Minister to the Premier David Darrow at One Government Place on Wednesday.

The vessel still can't be steered properly because of problems with the heavy steel rudder, which will likely keep it from sailing the rest of the summer.

Darrow said it is the government's hope that the restoration can be completed before the end of the summer, without having to send the schooner back to the foundry.

Quoted

"There's a desire to make it more accessible to tourists on the waterfront. We thought that was a reasonable thing to do." David Darrow, deputy minister to the premier

The original restoration cost was estimated at \$14.4 million in 2009, but as of last month it had reached \$19 million.

The government has just ordered "a long list" of new parts, but Darrow wouldn't say how much they will cost.

Taking possession of the Bluenose II does not hinder the province's ability to seek legal recourse for delays and cost overruns in the restoration,

Darrow explained.

He said the province will try to recover the costs of any deficiencies found in the restoration after a review is done by the province's auditor general.

"We will make a determination of who we believe to be responsible for some of the deficiencies, including the steering issue, and at that point in time we will develop our legal strategy."

WITH FILES FROM THE CANADIAN PRESS

1 NEWS



ON SALE NOW!

AUGUST 1ST
HALIFAX FORUM

DOORS: 7PM SHOW: 8PM

TICKETS AVAILABLE ON
3RUNENTERTAINMENT.COM



Two-vehicle crash briefly closes part of Shore Road

A towing company removes one of two vehicles involved in an accident on Shore Road in Eastern Passage shortly before noon on Wednesday. Paramedics attended the scene, but a police spokesperson said the occupants of the vehicles weren't injured. The road was closed for about an hour after the accident.

JEFF HARPER/METRO

Owner turns to social media to find bike thieves

On the case.

Surveillance footage posted on Facebook leads to tentative ID of the suspected culprits

Neil MacKenzie wants to cause some grief for the three kids who stole his bike.

The Giant Yukon bicycle was stolen from the Maritime Centre parking garage July 16 and the crime was captured by surveillance video cameras.

Because MacKenzie is a Maritime Centre employee, security guards gave him three clips of the crime as it unfolded, which MacKenzie posted on Facebook.

"I thought I'd get faster and better results on Facebook than with police because they do have other priorities," MacKenzie told Metro Wednesday.

The three video clips show one culprit poking his head around the corner of a stairwell, looking directly into the



One of several images captured on surveillance video of someone riding away with Neil MacKenzie's bike. CONTRIBUTED

camera; three boys leaving the parking garage with the bike; and two boys waiting on Hollis Street before the third rides out of the building on the stolen bike.

"Some people have viewed it and think they know who the people are as far as seeing them on the street," said MacKenzie.

He hasn't named the suspected thieves publicly, not wanting to alert them — but he has relayed all the details to police in hopes that if there's not enough evidence for a charge,

officers could at least have a chat with the youngsters.

"If it causes the guys who took the bike any grief, as much as it caused me to get to work without it, then it's worth it," he said.

He said he'll probably never see the bike again, assuming it's been sold, trashed or thrown in a ditch. But he wants the boys to know what effect their theft has had.

"It's just a bike, but it was my way of being able to make it home on time for my son. That's the biggest frustrating thing," he said, explaining that taking the bus adds 20 minutes to his commute and the bike is faster than a car.

Being home earlier to look after his three-year-old son allows his wife to get to work.

In the meantime, MacKenzie said a friend has loaned him a bike until he can replace his own.

Facebook users can see the photos and video clips at facebook.com/neil.mackenzie.16.

DESIREE FINHERT/FOR METRO



Neil MacKenzie stands with his loaned replacement bike outside the garage where someone swiped his own bike last week. MacKenzie is using Facebook and surveillance footage to try to find the thieves. JEFF HARPER/METRO

Words of advice

Ben Buckwold of Bicycle Nova Scotia says summer is a likely time for bike thefts, as the weather is good and most people are out on their bikes.

- Other than having a good bike lock, he says cyclists need to ask themselves

hard questions: "Depending on how much you've invested in your bike, you have to question whether you lock it up and where you're going to be locking it up, and how long you're going to be locking it up."

Exhibit

Memorial library goes online

Halifax Public Libraries has given virtual life to its war memorial.

The Spring Garden Library has always been a memorial library featuring memorabilia from the First and Second World Wars.

With the pending closure of the library, some of those memorial elements are finding new homes in cyberspace.

Old photographs, newspaper clippings and council minutes from the 1940s to the 1960s have been added to a virtual exhibit called A Living Memorial.

"We get so many questions about the history of this branch," branch manager Darlene Beck said Wednesday. "This (exhibit) really is a one-stop shopping place for those answers.... It gives the history."

The online exhibit is the first part of honouring an agreement with the Royal Canadian Legion to maintain memorial items.

Another part involves moving items such as flags, Silver Cross medals and murals to the Maritime Command Museum.

Visit A Living Memorial at halifaxpubliclibraries.ca/living-memorial.html.

DESIREE FINHERT/FOR METRO



Police Cadet Allan Fraser, left, plays soccer with kids at Dalhousie University's Wickwire Field on Wednesday. JEFF HARPER/METRO

Kids and cops hang out for a day

Annual camp. Officers set aside the uniform, connect with youngsters

For 11-year-old Likambo Ramba, taking part in the one-day summer camp HRP Sports Pals on Wednesday was a chance to "see police in a different way, like as your friends."

Likambo was one of about 40 kids between 8 and 12 years old recruited by Halifax Regional Police for the fifth annual camp, which featured a busy day of soccer drills on Wickwire Field and an afternoon dip in the pool at Dalplex Athletic

Facility.

"It's good for ... your health," Likambo, whose family is from South Sudan and now lives in north end Halifax, said of why he likes to play sports.

Amir Al-samak, also 11, agreed staying active helps him "have energy."

Originally from Iraq, Amir now lives in Dartmouth and has attended HRP Sports Pals for the past three summers.

"It's really fun ... can I go now?" he said before jumping back into the water.

A dozen officers came out to the field to kick the ball around Wednesday.

Const. Dwight Hennigar started HRP Sports Pals at a

Dartmouth school before partnering up with Dalhousie University's varsity soccer teams for the last three years.

"We go to the community officers," Hennigar said Wednesday of how children are chosen to participate. "We target ... kids that the officers have maybe bumped into ... over the years."

Kids attend for free and go home with their own soccer ball, a T-shirt and new friends.

"They're so used to seeing us in uniform, and police cars responding to calls," Hennigar said. "This just gives them a chance to come hang with us, laugh and joke."

KRISTEN LIPSCOMBE/METRO

Symphony Nova Scotia plays video game themes

The theme songs from Zelda, Halo, Warcraft and other popular video games will be performed by Symphony Nova Scotia musicians during the 2015 season.

The popular show Video Games Live is coming to Nova Scotia for the first time in its 10-year touring history.

Tickets go on sale Friday for performances at the Rebecca Cohn Auditorium March 10 and 11.

"I wanted to prove to the world how culturally significant video games have become, but I also wanted to usher video gamers to the symphony," video game composer Tommy Tallarico told Metro Wednesday.

The performances feature the symphony and Soundtrax



Video Games Live performs in Edmonton in 2007. CONTRIBUTED

Choir paired with Tallarico rocking his guitar in front, and scenes from popular video games on an enormous screen up above.

"Everyone thought I was crazy," said the composer of such melodies as Rescuing the Princess and Defeating the Undead. "The thinking was that

people who play video games don't usually go to the symphony, and people who go to the symphony don't usually play video games."

But they do. Symphony Nova Scotia CEO Chris Wilkinson said there were a lot of requests from the public to bring the show to Halifax.

"We really want to have an offering for as wide an audience as possible," said Wilkinson. "We hadn't done it before, but we knew other symphonies had done (the show)."

Tallarico likens his show to Tchaikovsky blasting cannons during the premier of his 1812 overture.

"If Beethoven were alive today, he'd be a video game composer," he said.

DESIREE FINHERT/FOR METRO

Barrington Street

Arrest made in stabbing case

Police have made an arrest in connection with a stabbing on Barrington Street.

The stabbing happened just before 7 p.m. Tuesday in the 2100 block of Barrington.

A 38-year-old man remains in hospital with non-life-threatening injuries.

Halifax Regional Police said Wednesday investigators arrested a 17-year-old Halifax male, who is facing attempted murder and charges of probation charges. **METRO**

Off limits

Beach closed to swimmers

Another beach in HRM has been declared off-limits to swimmers.

A news release from HRM said Wednesday that bacterial counts at Shubie Beach had exceeded Health Canada's swimming guidelines.

The release states that employees regularly test the water quality at all supervised municipal beaches. The public will be advised when bacterial levels fall below the Health Canada threshold. **METRO**

\$1.5 million

Enfield lumber gets loan guarantee

Nova Scotia's Crown-owned business development agency is providing a \$1.5-million loan guarantee to a lumber company in Enfield.

Nova Scotia Business Inc. says the loan guarantee for Ledwidge Lumber will help the sawmill establish a private-sector line of credit. Ledwidge Lumber produces lumber for housing construction and specialty products. **THE CANADIAN PRESS**

WASTE COLLECTION NOTICE GARBAGE/ORGANICS/RECYCLABLES

Natal Day

Please be advised that there will be no garbage, organics or recyclables collection services on Natal Day, Monday August 4th, 2014. Collection services for that day will be provided the preceding Saturday, August 2nd.

Collection Services can begin as early as 7am. To ensure collection please place materials curbside the evening prior to collection day.

No Collection Natal Day Monday, August 4th	➔	Collection will occur the preceding Saturday, August 2nd
Otter Lake Facility Closed Monday, August 4th	➔	Otter Lake Facility Open Saturday, August 2nd, 7am – 7pm
HRM Recycling Plant Closed Monday, August 4th	➔	HRM Recycling Plant Open Saturday, August 2nd, 7:30am – 6pm
Household Special Waste Depot Closed Saturday, August 2nd	➔	Household Special Waste Depot Open Saturday, August 9th, 9am – 4pm

Toronto police officer faces another charge in Sammy Yatim shooting

Attempted murder.

The Crown added the allegation to an already existing murder charge

The Toronto cop charged with second-degree murder in the streetcar shooting of teenager Sammy Yatim last summer has been charged again.

On Wednesday, the Crown revealed that it had added the charge of attempted murder to the indictment of Const. James Forcillo, leaving him in an apparent contradiction: Prosecutors claim he both murdered and attempted to murder Yatim.

Yatim was killed after brandishing a small knife on the Dundas Street streetcar last July. Once passengers evacuated the TTC vehicle, several police officers approached the open front doors and ordered

Yatim to drop the knife.

Several videos of the event show a single officer — later identified as Forcillo — firing nine times, leaving the boy crumpled on the floor. Yatim was then Tasered and handcuffed before being taken to hospital.

After a court appearance Wednesday morning, Forcillo's lawyer Lawrence Gridin said the new charge indicates weakness in the Crown's case.

"The Crown's changing theory just highlights that this case is by no means clear-cut, and we are looking forward to presenting a strong defence," Gridin wrote in an email to Torstar News Service.

Police association president Mike McCormack claimed the two charges are contradictory.

"We're scratching our heads; the public is scratching their heads; no one understands it," he said. "To us, it's like throwing all sorts of stuff at the wall and seeing what sticks."

After discussing the case with Forcillo's lawyers, McCormack speculated that the new charge might reflect the fact that the officer felt threatened by Yatim.

"It seems Forcillo could have been justified in firing some but not all of the shots," he said.

Legal experts say charging the same person with murder and attempted murder is very rare. **TORSTAR NEWS SERVICE**



Sammy Yatim

FACEBOOK/THE CANADIAN PRESS



Const. James Forcillo and his wife, Irina Forcillo, leave the Old City Hall courthouse in Toronto on June 17. Forcillo has been committed to stand trial on a charge of second-degree murder in the shooting death of a teenager on a Toronto streetcar last summer. **NATHAN DENETTE/THE CANADIAN PRESS**

RCMP officer wounded in Moncton shootings returns to work

One of the two RCMP officers in New Brunswick wounded in shootings last month in Moncton says he has returned to work.

Const. Eric Dubois spoke to the media Wednesday for the first time since the June 4 shootings while he was participating at a golf tournament at Royal Oaks Golf Club in Moncton.

The tournament was organized in memory of the three other Mounties who were killed in the shootings.

Dubois said he is recovering from his injuries faster than he expected and was happy to participate in the tournament, which featured a moment of remembrance for constables Fabrice Gevaudan, Dave Ross and Doug Larche.

"Everybody was praying for me and I can tell you that it did work because my healing went so fast. Everyone around me says it's incredible how fast everything went back to normal," said Dubois.

"I'm not superhuman. It's because people were praying



Emergency response officers enter a residence in Moncton, N.B. on June 5. **ANDREW VAUGHAN/THE CANADIAN PRESS**

and wishing me good stuff and it works."

Dubois added that he's happy to be back at work.

"That's what I want to do — be on the street and fight crime every day and make sure that when you go to work or you go to a restaurant, you can have a safe environment," he said.

Gevaudan, Ross and Larche were shot dead and a manhunt spanning 30 hours ensued until

a suspect was arrested.

Const. Darlene Goguen was also injured in the shootings and has been treated and released from hospital.

Justin Bourque is charged with three counts of first-degree murder and two counts of attempted murder. He is scheduled to return to provincial court Thursday in Moncton following a psychiatric assessment. **THE CANADIAN PRESS**

'We hold Hamas responsible.' Harper takes hard line on Gaza

An unflinching Prime Minister Stephen Harper reiterated his government's hard line on Wednesday on Hamas, Russia and Chinese cyberattacks.

Harper said Hamas is solely responsible for the death and destruction in Gaza following almost a month of fighting between Israel and Hamas militants.

His remarks, made following a job training announcement in northern Saskatchewan, came as the United States and the United Nations condemned the shelling of a UN school that was sheltering displaced Palestinians on the Gaza Strip. At least 17 people were killed.

"Obviously no one likes to see the suffering and loss of life that has occurred," Harper told reporters in Air Ronge.

"That said, we hold the terrorist organization Hamas responsible for this. They have initiated and continue this conflict and continue to seek the destruction of the state of Israel."

Some 3,300 Palestinians, including many women and children, were taking refuge in the school building in the Jabalya refugee camp when it



Prime Minister Stephen Harper

MATT SMITH/THE CANADIAN PRESS

came under fire around dawn on Wednesday, said the United Nations Relief and Works Agency.

The attack prompted the U.S. to condemn the shelling, though it did not single out Israel by name.

"We are extremely concerned that thousands of internally displaced Palestinians who have been called on by the Israeli military to evacuate their homes are not safe in UN designated shelters in Gaza," the White House added in a statement.

UN Secretary General Ban Ki-Moon called the attack "shameful." **TORSTAR NEWS SERVICE**

Quebec

Still no sign of escaped prisoner

Provincial police say there is still no sign of a Quebec inmate who disappeared from a minimum-security federal penitentiary while serving a murder sentence.

An arrest warrant is out for Robert Gaudette, who vanished from the facility north of Montreal early Tuesday morning.

THE CANADIAN PRESS

San Diego

Small plane crashes into store parking lot

A small plane has crashed in a San Diego shopping centre parking lot, killing one woman on board and injuring another.

The single-engine Mooney M-20L went down around 5:30 p.m. Wednesday in a parking lot that serves a Costco and a Target store in the Kearny Mesa neighbourhood.

Police Lt. Steve Behrendt says the plane clipped the top of the Target store and knocked down a light pole before landing.

THE ASSOCIATED PRESS

Israel strikes UN school, shopping area in Gaza

Crisis in the Middle East.
Hopes for a ceasefire growing dimmer as both sides escalate fighting

Israeli strikes hit a crowded shopping area in Gaza City Wednesday, hours after tank shells tore through the walls of a UN school crowded with war refugees in the deadliest

of a series of air and artillery attacks that pushed the Palestinian death toll above 1,360 in more than three weeks of fighting.

The bloodshed came on the heels of an escalation by both sides fighting in the embattled coastal territory, further dimming prospects for a sustainable ceasefire despite international diplomatic efforts.

The attack on the UN

Quoted

"Nothing is more shameful than attacking sleeping children."

UN Secretary-General Ban Ki-moon, in condemning the attack on a UN school in Gaza. Ban said "all available evidence points to Israeli artillery as the cause" of the attack.

school in the Jebaliya refugee camp was the second deadly strike on a UN compound in

a week. Tank shells slammed into the compound before dawn, said Adnan Abu Hasna, a spokesman for the UN Relief and Works Agency, which is sheltering more than 200,000 people displaced by the fighting at UN schools across Gaza.

The Israeli military said it fired back after its soldiers were targeted by mortar rounds launched from the vicinity of the school.

THE ASSOCIATED PRESS



Palestinians inspect damage to houses from a fallen minaret of the Al-Sousi mosque that was destroyed in an Israel strike at the Shati refugee camp in the northern Gaza Strip on Wednesday. LEFERIS PITARAKIS/THE ASSOCIATED PRESS

Flight 17. Clashes keeping experts from crash site to recover bodies of victims

Almost two weeks after Malaysia Airlines Flight 17 was blown out of the sky, the remains of some passengers are feared rotting in the 32 C midsummer heat, deepening the frustration of relatives desperate to recover the bodies of their loved ones.

Fighting between Ukrainian

forces and separatist rebels has kept away international police charged with securing the site, a sprawling area of farmland and villages. And until it's secured, there is no way for forensic experts to recover the bodies or gather debris for analysis.

THE ASSOCIATED PRESS



Alexander Hug, deputy head of the OSCE mission to Ukraine, centre, and his colleagues examine a map as they discuss the situation around the site of the crashed Malaysia Airlines Flight 17 in the city of Donetsk, Ukraine, Wednesday. DMITRY LOVETSKY/THE ASSOCIATED PRESS

Turkey

Activists turn deputy PM's comments into a laughing matter

Women in Turkey have taken to social media to protest against comments by the country's deputy prime minister that "women should not laugh aloud in public."

Women were sharing photos on Twitter of themselves laughing Wednesday after Deputy Prime Minister Bulent Arinc's comments that not laughing out loud in public is among requirements of being an honourable woman.

Canan Arin, a prominent women's rights activist, said it was a pity Turkish women have to respond to such "silly comments" when they have more serious problems to deal with, including frequent male violence against women.

THE ASSOCIATED PRESS

South Carolina

Prison-bound drone's struggle to smuggle leads to man's arrest

Officials are looking for a person they say helped try to use a drone to sneak phones, marijuana and other contraband into a maximum-security prison.

Officials found a crashed drone in bushes outside Lee Correctional Institution in Bishopville, S.C. At the site, Corrections Department spokeswoman Stephanie Givens says officers on April 21 also found the phones, marijuana and tobacco products.

One man has been arrested and charged with trying to give contraband materials to inmates, and authorities are looking for a second suspect.

THE ASSOCIATED PRESS


ROCK SHOW



AT THE INTERSECTION OF ART + MUSIC

Curated by David Diviney


On view July 11 to September 28, 2014

David Askevold
Carl Beam
Thierry Delva
Greg Forrest
Chris Hanson and Hendrika Sonnenberg
Eleanor King
Annie Leibovitz
Craig Leonard
Lisa Lipton
William Robinson
Tom Sherman and Jan Pottie
Mitchell Wiebe

 Art Gallery of Nova Scotia

7 days a week | (902) 424-5280
infodesk@gov.ns.ca
artgalleryofnovascotia.ca  

Installation view (detail) of Eleanor King's *Endless Practice*, 2012



Market Minute

DOLLAR
91.73¢ (-0.36¢)

TSX
15,524.82 (+78.27)

OIL
\$100.27 US (-\$0.70)

GOLD
\$1,296.90 US (-\$3.60)

Natural gas: \$3.78 US (-\$0.04)
Dow Jones: 16,880.36 (-31.75)

Ford Motor Co.

Ford puts brakes on BlackBerrys, opts for iPhones

Ford Motor Co. is hanging up on BlackBerry and giving thousands of its employees Apple's iPhone. Ford aims to replace BlackBerry smartphones with about 3,300 iPhones by the end of the year. **THE CANADIAN PRESS**

Stole millions

Fake concert booker gets 5-10 years in prison

A New York man who stole millions of dollars from clients by falsely promising to book performances by world-famous recording artists like Rihanna, Lady Gaga and Justin Bieber has been sentenced to five to 10 years in prison. **THE ASSOCIATED PRESS**

Small charity survived audit, but CRA has fresh demands

Charitable status at risk.

The head of CoDev is feeling 'stressed' about complying with order to translate all documents into French or English

A small Vancouver charity that helps the poor in Latin America has survived an audit of its political activities but is now struggling with fresh demands from the Canada Revenue Agency. CoDevelopment Canada Association — known as CoDev — faces the crippling prospect of translating every scrap of paper it receives from 17 partners in El Salvador, Nicaragua, Honduras and elsewhere from Spanish into either English or French.

The demand, set out in a January compliance let-



The Canada Revenue Agency headquarters in Ottawa in 2011. A small Vancouver charity that helps the poor in Latin America has survived an audit, but now is struggling with fresh demands from the CRA. SEAN KILPATRICK/THE ASSOCIATED PRESS FILE

ter from the CRA, will start to bite this fall as the tiny four-person shop begins to receive banker's boxes full of Spanish-language docu-

ments from its Latin American projects, including taxi cabs and bus-fare receipts.

The group's executive director, Barbara Wood, says

the newly imposed requirement will drain away scarce resources, yet must be carried out or CoDev risks losing its charitable status.

New class of audits

The case is an example of how the CRA's 52 political-activity audits currently underway can end badly for a non-profit organization, even if it manages to pass the new class of audits instituted by the Harper government in 2012.

- Many of the charities under audit have been critics of government policy, including CoDev, a trade union-funded group that has raised questions about Canada's free-trade deal with Colombia, among other issues.

"It makes me feel uncertain and a little bit stressed," Wood said in an interview. "I'm feeling fairly vulnerable." **THE CANADIAN PRESS**

NYC battles impersonators demanding tips from tourists

New York City officials are turning up the heat on Elmo, Cookie Monster and Statue of Liberty impersonators — Times Square costumed characters who often demand money for posing in photos with tourists.

The city wants to rein in a summertime spike in badly

behaving characters such as the Spider-Man accused of punching a police officer recently.

"This has gone too far," a frustrated Mayor Bill de Blasio said this week. "It's time to take some real steps to regulate this reality."

But that could be easier

said than done. Legal experts say proposals for a city law to possibly require licences and background checks could violate free-speech rights.

At issue is whether the characters can be considered street performers protected by the First Amendment or whether they are engaged in

commercial activity subject to regulation. It depends on whether the characters merely hope for tips or demand money. Some tourists have complained about being harassed for payment.

"If you can prove that they are there to seek money, not simply conveying a message

... they are subject to greater regulation," said Jesse Choper, a constitutional law professor at the University of California.

In about the past year, a Cookie Monster was accused of shoving a two-year-old and an Elmo was heard berating tourists with anti-Semitic slurs. **THE ASSOCIATED PRESS**

THE NEW
GEL-NIMBUS 16
FEEL THE RUN, NOT THE ROAD.

WE KNOW OUR STUFF.

Available at the following Metro Locations: Bayer's Lake: 902-450-5353 • Burnside: 902-468-3838 • Spring Garden Road: 902-420-1649

WHEN SOMEONE GREAT IS GONE

What have I become?

Back in my youth (2010), I wrote a column about not owning a cellphone. Even then, it was such an unusual state of affairs that a Calgary talk-radio station called me for an interview about it.

Sample excerpt: HOST: So you don't have a cellphone? ME: No. HOST: Wow.

Then, in 2011, in an example of how consistent and steadfast I am when I believe in something, I bought a cellphone.

I was using it all the time, only looking up from the screen for automobile crashes, and then only to Instagram them.

My phone was a part of me. I'd become everything I'd ever mildly disliked.

Now, years later, allow me to share the third chapter of this tragedy: My cellphone isn't working properly *and it's killing me*. What's saddest is that the phone



HE SAYS

John Mazerolle

metronews.ca

still works. It's just charging inconsistently, sometimes leaving me without access for a few hours, tops.

But I'm like a heroin addict who knows his product and can tell the hit's been stepped on a few too many times. (NOTE: All drug lingo accurate as of Season 5 of *The Wire*.)

I sicken myself, and not only because this column has more 'i's in it than a new Apple product's press release.

I'm glued to my phone, and for the dumbest reasons: Facebook. Twitter. Video games that aren't even as good as the ones from the '80s.

Who goes through withdrawal for these things? Here's how bad it is: There was a story in the news this week about a huge solar flare that could have disabled all electronics on Earth and my first

thought, I swear to God, was "Oh, my poor phone!"

Life on Earth would have been set back decades and all I could think about was dozens of *Angry Birds* suddenly squawking out in terror, then suddenly silenced.

In the movies people who get hooked up to supercomputers always become hyper-intelligent demi-gods with aspirations of world domination.

Reality suggests the person would become a drooling cyber-cypher whose message for the world would be random messages of "THIS!" "WANT!" and "SO MUCH THIS!"

First we squandered television's potential, now we're wasting the Internet's.

If the abacus had been invented this week, we'd use the beads to make clacking noises and penis shapes.

I asked who goes through withdrawal for these things. Well, everybody, near as I can tell. What have I become? You and you and YOU.

So at least I'm not alone. Who says technology is pulling us apart?

THE GIVING (& GIVING & GIVING) TREE



Artist Sam Van Aken's rendition of what the Tree of 40 Fruit will look like when it reaches 10 years of age. Van Aken describes his project as art, research and conservation. IMAGES SAM VAN AKEN COURTESY OF RONALD FELDMAN FINE ART

Artist's Tree of 40 Fruit Project growing into maturity

New York-based artist Sam Van Aken has brought together a plethora of fruit trees to create supertrees with the capacity to grow more than 40 different varieties of fruit.

Created through the process of grafting, the Tree of 40 Fruit appears as a regular tree most of the year, but in spring its chimera nature reveals itself when it blossoms

Quoted

"I realized the extent to which we've created these massive monocultures."

Sam Van Aken, artist behind the Tree of 40 Fruit project, who said in a TED talk that it was difficult to find the varieties of stone fruit for his project.

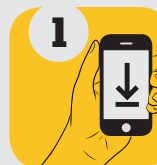
in variegated tones of pink, white and crimson. Come summer, it bears a multitude of fruit, including peach, plum, apricot, nectarine, cherry and almond. **METRO**



Tree 75 in the spring at five years old with its various flowers blooming.

METRO AUGMENTED REALITY

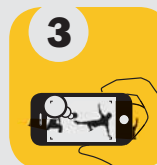
SEE THE NEWS COME ALIVE...



1
DOWNLOAD
METRO NEWS APP



2
FILL SCREEN WITH
IMAGE TO SCAN



3
METRO AR IMAGE
JUMPS TO LIFE



In this issue, you can find AR enhancements on page 18 in Sports.

To see pages from Metro spring to life, simply download or update the Metro News app available from your device's app store and follow these three easy steps:

1. Open the Metro News app on your smartphone or tablet device. Click the AR icon in the top right corner.
2. Hold your device over any image that has the AR logo near it. Make sure you wait for the green scanning bar to read the image!
3. Voilà! You should see the AR in action — like a video, slide show or mobile content experience. You can even move your phone away from the page and interact with the content directly on your device.

MetroTube

Self-harmie? Snafuie? Pick your portmanteau



ANDREW FIFIELD
andrew.fifield@metronews.ca

Look, if we're going to continue with the reckless endangerment in pursuit of that perfect daredevil selfie, then we're also going to need a word for any misfortune that results. The portmanteau era demands it.

So what's it going to be? What do we call something like this, where our selfie-snapping hero nearly finds himself on the business end of a bull at a French festival? A self-harmie? A snafuie? There should also be a word to describe society's failure in not coming up with this already. (lexflex freeman/YouTube)



GETTY IMAGES FILE

Performer stretches the limits of entertainment

Oh, snap. Rubber band bit has given Shay Horay a spot in the Guinness Book of World Records and a world tour



BACKSTAGE PASS
Jenna Conter
halifax@metronews.ca

I grew up with a kid who earned a spot in the Guinness Book of World Records for shoving grapes into his mouth. A talent, sure, but it always reminded me of that Gypsy song, "You gotta have a gimmick."

No performer has made that lyric jump off the page and into the faces of audiences around the world more than New Zealand-based Shay Horay.

His schtick? Wrapping his face in rubber bands. Travelling all over the world, playing to audiences young and old, this interesting fellow brings his talents to our waterfront this week for the International Busker Festival.

I had to ask: Why?

"I was searching for a comedy routine to travel the world with that was original and didn't take up much room in my suitcase," Horay said in a recent interview.

Space-conscious and focused, Horay has been play-



Shay Horay boasts a world record for putting the most rubber bands on his face. Interested in challenging him? CONTRIBUTED

ing his art internationally, bands in bag, for more than a decade.

Not only has he been turning heads in the festival circuit, Horay has earned a spot in the Guinness Book of World Records.

Labelling him as unique and entertaining would be an understatement, as proven by the reactions he earns from his audiences. Fear not, fellow spectators

— it doesn't hurt. In fact, as Horay tells me, the general reaction of the audience is very positive.

"It's a common event at the end of the show that kids are grabbing the rubber bands and trying it themselves," says Horay.

"I am the only person in the world doing this and it appeals to me for this reason. I really enjoy it and I think my audience

does as well."

Travelling over 13,000 kilometres to our shores, Horay is excited to bring his bands to this year's festival.

"Prepare for the unexpected and be prepared to laugh," he says. "That is my main aim — that everyone laughs and smiles and leaves reality aside for a minute and just has the time of their lives."

Touring bands

- **What.** Shay Horay is: Rubberband Boy
- **When.** July 30th to August 4th
- **Where.** Halifax Waterfront
- **Tickets.** Free

TOP SIX @ 6
Weeknights at 6 Kat counts down the HOTTEST songs of the day

6 Tiesto
Wasted

5 Demi Lovato ft Cher Lloyd
Really Don't Care

4 KESZA
Hideaway

3 Disclosure ft Sam Smith
Latch

2 Ariana Grande ft Iggy Azalea
Problem

1 Sam Smith
Stay With Me

1013TheBOUNCE.com | info@1013thebounce.com

2014 SUPREME COURT OF NOVA SCOTIA Hfx No. 424629

BETWEEN: CIBC Mortgages Inc., trading as FirstLine Mortgages, a body corporate
and
Michael Wayne Sudworth and Kelly Margaret Sudworth

PLAINTIFF
DEFENDANTS

NOTICE OF PUBLIC AUCTION

To be sold at public auction under an Order for Foreclosure, Sale and Possession, unless before the time of sale the amount due to the Plaintiff on the mortgage under foreclosure, plus costs to be taxed, are paid:

PROPERTY:

Building, lands and premises known as 75 Honeysuckle Road, Middle Sackville, Halifax County, Nova Scotia, identified by PID 40851602 and referenced at Schedule "A" of the mortgage dated November 3, 2005 and recorded at the Land Registration Office for Halifax County as Document No. 83580952. This property is registered pursuant to the Land Registration Act.

Subject to an easement/right of way (burden) more particularly described in an easement/right of way recorded on October 17, 2000 at the Halifax County Registry of Deeds in Book 6648 at Page 945 as Document No. 33701.

Subject to restrictive covenants (burden) more particularly described in a deed recorded on April 25, 2003 at the Halifax County Registry of Deeds in Book 7327 at Page 315 as Document No. 15747.

A copy of the description of the property, as contained in the mortgage foreclosed, are on file at the Sheriff's office and may be inspected during business hours.

Date of Sale: Tuesday, August 5, 2014.
Time of Sale: 10:30 a.m. local time.
Place of Sale: Offices of Cox & Palmer, 1100-1959 Upper Water Street, Halifax, Nova Scotia.

Terms: Ten per cent (10%) deposit payable by cash, certified cheque or Solicitor's trust cheque at the time of sale, remainder within fifteen (15) days upon delivery of deed.

Signed June 18, 2014.

Nicholas C.G. Mott
COX & PALMER
1100-1959 Upper Water Street
PO Box 2380 Central
Halifax, NS B3J 3E5
Solicitor for the Plaintiff

Stephen Kingston, Barrister
McInnes Cooper (Halifax Office)



Gwyneth Paltrow

Paltrow and Martin still consciously uncoupling — just don't snap a pic

Here's some rather bizarre behaviour for you: Gwyneth Paltrow attended the premiere and after-party for new film *Hector and the Search for Happiness* with estranged husband Chris Martin, but then decided

they probably shouldn't be photographed together. That led to an odd series of photos that included the singer ducking into the back seat of their SUV and trying to hide behind decorative shrubbery.

Billy Bob was too late to be Saved by the Bell

What with his Emmy-nominated performance on *Fargo*, Billy Bob Thornton definitely has a taste for television now. And he's got a few ideas about other shows on which he'd like to appear. "There's so much good stuff on TV," he tells *E!* News. "Maybe I can play what's his name? Hodor on *Game of Thrones*, the guy who only says, 'Hodor.' Maybe I could be his cousin or something, his long-lost cousin." Of course, life is not without regret, as Thornton jokes that he came



Billy Bob Thornton

to television too late for one dream role. "Saved by the Bell is not on anymore, so I think I missed my chance," he says.

METRO DISH

OUR TAKE ON THE WORLD OF CELEBRITIES

The Word

Bloom and Biebs brawl almost too good to be true

NED EHRBAR
Metro in Hollywood

Orlando Bloom is a tough guy to piss off. He has one of the most charmed, stress-free existences going, and he knows it. He's handsome, he's got a fancy British accent and his status as a movie star remains unchallenged despite not doing much noteworthy beyond the *Lord of the Rings*. The man generally walks around with an "Isn't it awesome being me?" grin on his face. So getting him riled up has to be a challenge. And you know who's up to that challenge? Justin Bieber.

Bloom and the Biebs were living it up (separately) at Cipriani's in Ibiza — because of course they were — when some bad blood between the pair erupted into Bloom taking a swing at Bieber. "Justin was at one table, and Orlando was at another," a source tells *Page Six*. "But when Bieber and his party were later walking past Bloom's table, Orlando refused to shake Bieber's hand." Then, "Bieber said something rude to Orlando, like, 'She was good.'" That comment was apparently



about Bloom's ex-wife, Miranda Kerr, a Victoria's Secret model who has previously had to spend time with Bieber because being a Victoria's Secret model is actually a terrible, terrible job.

People, this is amazing. This is gossip Christmas. Wispy, non-threatening millionaires trying to slap-fight in an Ibiza nightclub with Diddy and Paris Hilton looking on? It's so perfect I almost don't believe it. But there's video of the incident, so maybe the universe really is just this rewarding.

Hours after fleeing the scene, Bieber took the only recourse that feels natural to him: social-media taunting. He posted a photo of Kerr in a bikini to his Instagram account, then quickly deleted it — but not before it could get more than 94,000 likes. Sick burn, bro.



Scarlett Johansson ALL PHOTOS: GETTY IMAGES

First comes the baby for Scarlett Johansson

Don't expect to see Scarlett Johansson in a wedding dress until after she finishes up with this whole being pregnant thing, according to *Us Weekly*. "She is telling friends that she is not getting married until after the baby," a source explains.

There's no word on when her baby with French fiancé Romain Dauriac is due, but with her work on *Avengers 2* complete and her promotional duties for *Lucy* behind her, Johansson is said to be taking it easy and enjoying her pregnancy.

Twitter



@KevinHart4Real

My lady just caught me male twerking in the bathroom naked. I just stopped & immediately apologized & said please don't judge me. FML



@kirstiealley

I'm getting an awesome massage except Duxter flew up here and is bugging the F outta me!!! Duck world problems



@SarahKSilverman

my doctor said I'm a late night tweeter

SATURDAY, AUGUST 2 & SUNDAY, AUGUST 3

Receive a
FREE SURPRISE
Petro-Canada™ Gift Card that could be worth
\$20 or \$30 or \$50

when you spend \$75 or more on almost anything in-store.*

Visit shoppersdrugmart.ca or the store nearest you for details.

*Some conditions may apply. Offer valid Saturday, August 2 & Sunday, August 3, 2014.

Petro-Canada is a Suncor Energy business.™ Trademark of Suncor Energy Inc. Used under licence.



Petro-Canada Gift Card is
valid until August 24, 2014.

SHOPPERS
DRUG MART



A Roland Mouret mash-up? Now that's Banana's!

Nine-to-five knockout.

Celebrated French designer's collection for Banana Republic on its way to Canadian stores

TINA
CHADHA

Metro World News

HR, beware: The workplace is about to get a whole lot sexier.

The latest in the world of high/low designer collaborations has arrived.

French designer Roland Mouret is bringing his sexy, fitted dresses to Banana Republic for a limited-edition capsule heavy on the brand's signature stretchy Sloan fabric.

The Banana Republic Sloan fabric is a unique blend of rich, bi-stretch fabric, which creates a "magic" fit that shapes through figure-flattering silhouettes.

Mouret, famous for his exceptional skills in draping, structure and style, naturally gravitated toward this signature material, which he hand-draped, cut and pinned on the body to create this iconic capsule.

The nearly 30-piece collection will shine a light on Mouret's craftsmanship talents

Fitted and fabulous

"The common goal for this collection is to offer incredible fit through an assortment of hourglass silhouettes."

Roland Mouret



Model Karolina Kurkova poses with Roland Mouret in a behind-the-scenes campaign shoot for his upcoming collection. CONTRIBUTED

through the use of this dynamic fabric.

"The common goal for this collection is to offer incredible fit through an assortment of hourglass silhouettes," says the designer, who is also focusing

on "extending my love of structure into accessible prices." Score.

The collection will be available at select stores across Canada and online at bananarepublic.ca on August 7, 2014.

Forget Paris

A socialite who sticks to a budget



Nicky Hilton GETTY IMAGES

Nicky Hilton is releasing a new book to help other women develop their own personal style. In 365 Style, (being released Sept. 2) Hilton gives tips on dressing like a million bucks without breaking the bank. Through her tips, readers will figure out not only what their personal style is, but what types of clothes look best on their body type. After they know what guidelines to go by, they'll have an easier time shopping within their budget. METRO

Pop out some polish

Colour your fingers on the fly



Essie's new Color Boutique CONTRIBUTED

Essie, everyone's favourite affordable, on-trend nail brand has unveiled the Essie Color Boutique, a self-service kiosks that dispenses 48 Essie shades, including 42 permanent colours and six new seasonal shades. METRO

Canadian street style

Spotted in: Toronto

Name: Sarah

Age: 26

Occupation: Actor

What she's wearing:

El Easteria leather bag from a market in Florence, Italy, Aritzia Tulula tank top, Levi skinny jeans, Blue Topaz Crystal necklace, feather earring hand

made by Desiree Lyver, D&Y hat, and Birkenstock sandals.

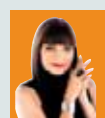
Her inspiration:

"My family is from Cape Town, South Africa, so I am drawn to earth tones and pastels. I like to dress how I feel — grounded, brazen, and free... with a bit of sass."

THE KIT IS A MULTI-PLATFORM BEAUTY AND FASHION BRAND WHICH INCLUDES AN INTERACTIVE MAGAZINE AND DYNAMIC APP, A WEBSITE, KIT CHAT — AN E-NEWSLETTER PROGRAM — AND A WEEKLY NEWSPAPER SECTION, TOO!



Twitter



JEANNE SPACE

Jeanne Beker
life@metronews.ca

TWITTER ALLOWS ME TO BE ACCESSIBLE, INSTANTLY SPEAK MY MIND AND CONNECTS ME WITH ALL KINDS OF PEOPLE. WHETHER IT'S A FASHION QUESTION OR YOU JUST WANT TO COMMENT ON LIFE'S BIGGER PICTURE, I'D LOVE TO HEAR FROM YOU.



How do I look? Getting coiffed+ready for my close up @MarcAnthonyTO for my @TheShoeCompany photo shoot today #onaroll

3
LIFE

By the time the end of July rolls around, you're probably working hard to score that coveted cottage invite from a friend. But before you unload the car and jump in the lake, acquaint yourself with some common cottage courtesies. Metro talks to Sue ten Brummeler, owner of onlinecottage rental.ca, about cottage etiquette whether you're renting a private property or heading to a family friend's place. After all, you want to get invited back, don't you?

ETHAN ROTBERG
life@metronews.ca

Be on time (for everyone's sake)

If you're renting a private cottage, confirm ahead of time when the check-in and check-out times are and treat the times firm like you would a hotel. You don't want the next guests to wander in while you're applying After Bite to your partner's hard-to-reach places. Going to a friend's place? Send a text when you're leaving so they have a vague idea of when you'll arrive.



Avoid awkward surprises. Don't arrive unannounced or overstay your welcome. ISTOCK



Bring food, preferably enough for everyone

"If you're going with friends, bring at least one meal and even ask to participate in making it," says ten Brummeler. "Bring your own booze even if they say not to." If you're renting a private cottage you'll want to fill the cooler ahead of time. If the owners have left something in the fridge, leave it be. Besides, those burgers could be from last summer. Some things are usually OK to use, added ten Brummeler, like olive oil and spices.

Ask about water and septic systems



First-time cottage-goers might not be familiar with a septic system, which is sewage treatment where water waste exits the cottage into an elaborate maze of tanks and pipes under the ground. "Key is to get as much info as possible from the owner," says ten Brummeler. "What's the capacity, what the system can take, how many people, etc." So be careful what you flush. You do NOT want septic problems during your vacation.

The facilities might not be as primitive as an outhouse, but that doesn't mean you'll always be able to flush. ISTOCK

Remove garbage



Depending on where you are travelling, the cottage may or may not have municipal garbage collection. Find out ahead of time when garbage pickup is and, if provided, use a curbside garbage box to mitigate animal issues. If you're somewhere remote, ten Brummeler advises to ask the owner where to keep garbage until you leave. The biggest concern here? "Bears!"

Guess who's coming to dinner if you don't tidy up the garbage? ISTOCK

Mind your cottage manners

Check if pets are allowed

We're mostly talking dogs here, unless you're bringing up that Crowntail Betta fish. Your dog might be more well-behaved than you are, but find out ahead of time if Wishbone is invited, too. If renting a private cottage, the owner will indicate if pets are allowed. Even if they are, remember you aren't at home: Don't leave your pet alone in the cottage and keep them on the property at all times.



Man's best friend isn't always a welcome visitor: Ask first. ISTOCK

Take beach gear

When off to the local beach, ten Brummeler reminds us to bring our own beach supplies like towels and chairs. If you're coming with kids, ask if you need to bring your own kids toys. If your cottage happens to back onto a beach, it's important to remember that bonfires are normally only allowed in designated firepits.



BTW: BYOB means bring your own beach towels, chairs, toys and sunscreen. ISTOCK

Arrive with a gift

Don't stress over the perfect gift, you're not looking for an anniversary present. "(It) can be something fancy from Williams and Sonoma or a funky pair of oven mitts from Home-sense," says ten Brummeler. "You can spend only \$10 and it's a nice gesture to say thank you for having me up." Other options include board games, barbecue or fishing supplies, or hand soap and lotion combos.



ISTOCK



Don't want this to be your last supper at the cottage? Clean the day's catch, chop some firewood and help set and clear the table. ISTOCK

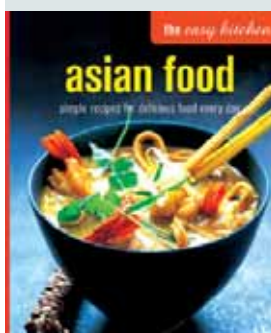
Lend a hand

Usually how you act is more important than what you bring. Offer to chip in gas money if you're using boats or carpooling. Don't forget that your host is on vacation, too, so help out where you can with things like cleaning, setting the table and chopping the wood. Oh, and you don't mind gutting the fish, do you?

A spice route that leads to unique flavours

Cookbook of the Week

An infusion of Asian flavours



Bringing the aromatic and sizzling recipes of East Asia to your kitchen, sans takeout containers, just got easier thanks to Asian Food: Simple Recipes for Delicious Food Every Day.

Whether you're looking for inspiring appetizers or finger foods, speedy weekday dishes or those worth-the-effort stunners, you'll find them here.

The collection of recipes includes Tempura Vegetables and Prawns, Chicken Pad Thai, Vietnamese Fried Chicken, Crab Wonton Wraps, Bulgogi, and more. **METRO**

Thai-Spiced Rare Beef and Warm Rice Noodle Salad. This recipe employs a red curry paste marinade

Ingredients

Marinade

- 1 lemongrass stick, very finely chopped
- 2 tsp Thai red curry paste
- 2 tsp nam pla fish sauce
- Freshly squeezed juice of 1/2 lime

1. To make the marinade, mix the lemongrass, curry paste, fish sauce and lime juice, then place the beef in a shallow dish and cover with the marinade. Cover and refrigerate.

2. Heat the oil in a frying pan/skillet over medium heat and fry the marinated beef (reserving any remaining marinade) for 2 minutes each side. Remove from the pan, cover and set aside. In the same pan, quickly fry the bamboo shoots and peanuts with any remaining marinade. Add the spinach to the pan, immediately remove from the heat and cover with a lid to allow the spinach to wilt in the residual heat.

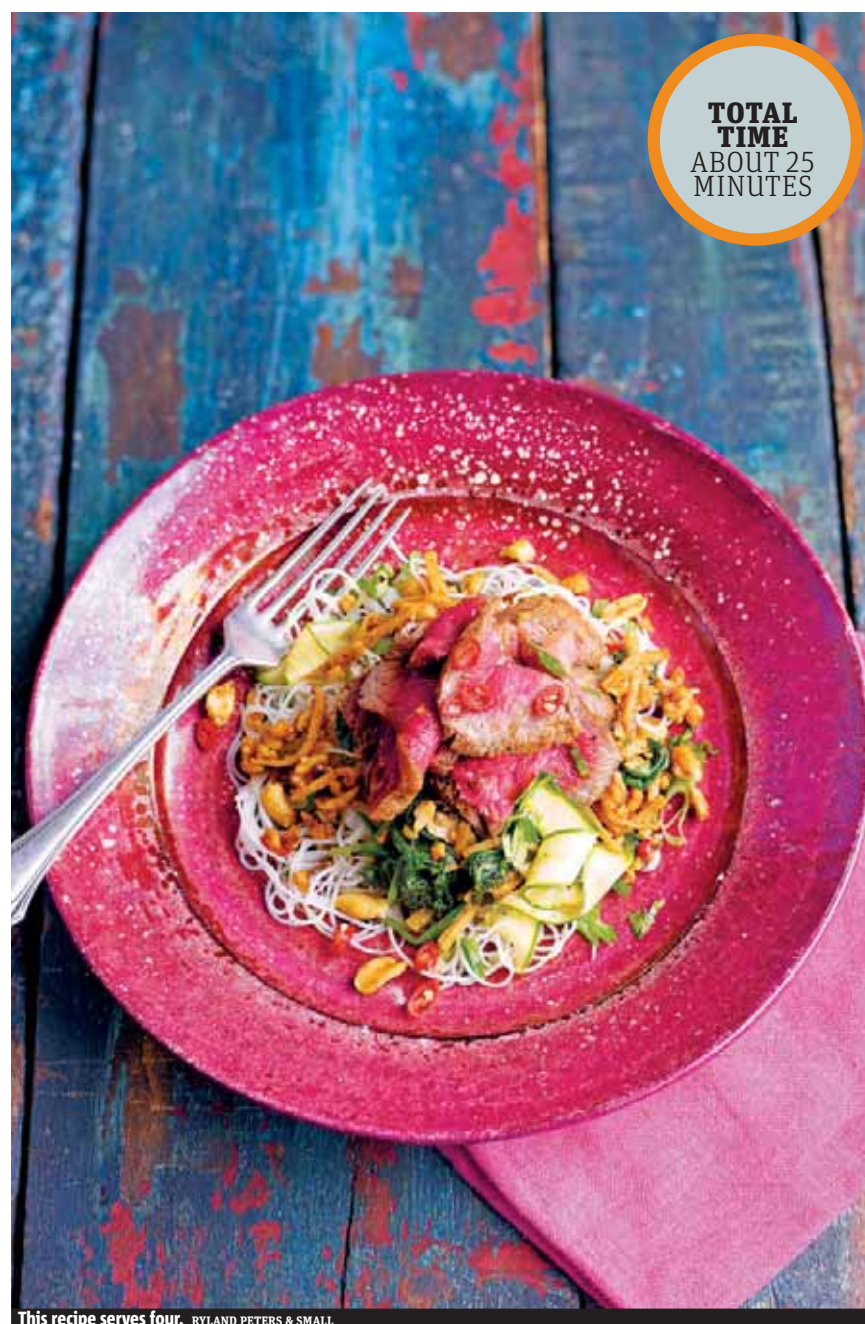
3. Blanch the noodles in a pan of boiling water for 5 minutes or until cooked. Drain and toss in the sesame oil, spring onions/scallions, Nuóc Cham and half the coriander/cilantro. Meanwhile, thinly slice the beef and keep warm.

4. Dress the courgettes/zucchini with the lime juice, the

- 400 g (14 oz) fillet steak/beef tenderloin
- 1 tbsp sunflower oil
- 100 g (3 1/2 oz) bamboo shoots, finely shredded
- 100 g (2/3 cup) roasted salted peanuts, coarsely ground
- 200 g (6 1/2 oz) baby spinach leaves
- 500 g (1 lb) thin rice noodles
- 1 tsp toasted sesame oil
- 8 spring onions/scallions, thinly sliced
- 3 tbsp Nuóc Cham (a fish sauce dipping sauce that can be found at Asian markets)
- 2 handfuls of fresh coriander/cilantro, finely chopped
- 2-3 baby courgettes/zucchini, sliced into ribbons with a mandolin or potato slicer
- Freshly squeezed juice of 1/2 lime
- A pinch of salt
- 2 thin red chilies, thinly sliced

remaining coriander/cilantro and the salt.

5. To serve, divide the noodles between 4 warm plates, then



TOTAL TIME
ABOUT 25 MINUTES

This recipe serves four. RYLAND PETERS & SMALL

pile the remaining ingredients on top. Garnish with the sliced

chilies.

RECIPES FROM THE EASY KITCHEN: ASIAN

FOOD (2014; RYLAND PETERS AND SMALL, RYLANDPETERS.COM)

Cauliflower, Mushroom & Coconut Soup

While cauliflower is familiar in stir-fry recipes, prizes for its crunchiness, here it is cooked with mushrooms and coconut milk, so the cauliflower absorbs the flavour of coconut, making it light and sweet.

Ingredients

- 600 ml (2 3/4 cups) coconut cream
- 2 stalks of lemongrass, finely sliced
- A 5-cm (2-inch) piece of fresh galangal or ginger, peeled and finely sliced into rings
- 4 kaffir lime leaves, coarsely torn

- into quarters
- 1 small cauliflower, cut into florets
- 125 g (2 1/2 cups) small button mushrooms, cut into halves or quarters, according to size
- 3 tbsp light soy sauce
- 1 tsp sugar

- 600 ml (2 3/4 cups) vegetable stock
- 4 fresh small red or green chilies, slightly crushed
- 3 tbsp lemon or lime juice
- Coriander/cilantro leaves, to serve

1. Put the coconut cream, lemongrass, galangal, kaffir lime leaves, cauliflower, mushrooms, soy sauce, sugar and stock in a large saucepan and bring to the boil.

2. Reduce the heat and simmer until the cauliflower is al dente (cooked, but still firm). Remove from the heat and add the chilies and lemon juice. Stir once, pour into a serving bowl and top with coriander/cilantro leaves.

For your phone

Top Chef University
(iPad/iPhone; free)



MIND THE APP

Kris Abel
@RealKrisAbel
life@metronews.ca

Get past the annoying pop-ups and there's actually some handy instructional videos on using basic tools and prepping specialty ingredients in this tie-in to the popular reality cooking TV series.





CONTRIBUTED

KEEP YOUR COSTS UNDER CONTROL

FIND QUALITY BACK-TO-SCHOOL ITEMS

Back-to-school shopping season is here and the fashion shopping choices are staggering. How can parents keep costs under control while still getting a good selection of quality items?

Try shopping second-hand.

Consider two moms: Nina and Sarah.

Both have two growing kids that constantly need new clothing, particularly for the coming school year. Nina buys new. Sarah buys second-hand.

Nina is budget conscious and loves finding deals, but she only shops for children's clothing at stores that sell new items.

When Nina buys new, she finds that shoes, jeans, shirts and other basics each cost \$20 or more, so when Nina shops for her two children she often spends more than \$100 on each.

And when Nina wants to purchase high-quality and brand-name items for her kids, the price gets even higher.

Sarah, on the other hand, purchases clothing for her children second-hand at Value Village. On the Value Village racks, Sarah finds

incredible deals: Most items cost between \$3 and \$10. She can find a whole outfit for each child — shirt, jeans, shoes, coat — for less than \$30.

Since Value Village hand-picks only the best-quality items to be sold in the store, Sarah has plenty of options for very good value. She finds name-brand clothing and household items for much less than Nina is paying for pieces of the same quality.

The selection at Value Village is great, too. Sarah finds just as much or more selection on the racks in the children's section than Nina does in a department store. Value Village is a treasure trove of pieces that Sarah's children love.

Nina's shopping choices are also less environmentally friendly than Sarah's. By purchasing second-hand clothing, Sarah is helping to reduce the number of items that go to the landfill.

Back-to-school deals happen every day at Value Village.

For more information, please visit valuevillage.com. — Stephanie Orford

Work the racks for the best deals

Second-hand shopping for your kids is quite different from buying new.

Malee Perera is a mom based in Vancouver who buys about 50 per cent of her eight-year-old son's wardrobe from second-hand stores, including Value Village.

Here's how she makes the most of her thrift shopping experience:

ESTABLISH YOUR CRITERIA

Learn to sift through the unique pieces and find something that's right for you.

Perera assesses criteria, including the quality of the fabric and construction of the clothing item, what condition it's in and whether it's something she thinks would suit her son's sense of style.

IF YOU DON'T FIND ANYTHING, JUST COME BACK IN A DAY OR TWO

Value Village stocks

an ever-changing selection of about 100,000 items, and since 5,000 to 10,000 new items come into each store every day, there's always something new.

"That is what's so great about second-hand shopping," Perera says. "Sometimes I'll find a couple of things I like one day, and then I'll find 10 things another day."

The same goes for shopping at different locations, Perera

says. If she doesn't find what she's looking for at one store, she tries another. There are more than 125 Value Village locations across Canada.

STOCK UP

"Sometimes when I go to Value Village, I won't find anything that my son can use right now, but I will find something

that will be useful a few months from now," Perera says. "If you see it and know you'll need it later, buy it now."

LOOK FOR DEALS

Shopping at Value Village is a great deal on its own, but shoppers can find even more deals if they know where and when to look.

Value Village shoppers can get even more deals

by signing up for a Super Savers Club Card. The card gives members discounts on select items, and members get updates on upcoming sales and deals.

— Stephanie Orford



CONTRIBUTED

PAY IT FORWARD

Fall is a fresh start for style, and it's also a time to clean out your closet and donate to a worthy cause at the same time.

If you have clothing or household items that you don't use anymore, donate them. Value Village partners with local not-for-profit organizations so that every purchase helps provide sustainable funding for vital community programs and services. Every item you donate helps.

Value Village is also one of the largest recyclers of used clothing in the world, keeping more than 294 million kilograms (650 million pounds — the weight of two cruise ships) of quality goods from landfills.

Last year, Value Village repurposed 329 million tops, 59 million pairs of shoes, 114 million pairs of pants and 28 million coats.

Anything that your kids grow out of can be donated. It's a great way to give back to the community.

Back to School Savings



ValueVillage

Good deeds. Great deals.
www.valuevillage.com

Donations
Benefit

@ Canadian
Diabetes
Association

Black sticks landing just off the podium

Gymnastics. Halifax gymnast claims 4th in all-around final, has 4 more chances to medal



KRISTEN LIPSCOMBE

kristen.lipscombe@metronews.ca

Ellie Black's medal dreams are still alive at the 2014 Commonwealth Games in Glasgow, Scotland.

Despite falling to fourth place in the all-around artistic gymnastics final Wednesday — and literally taking a couple of falls on the beam and floor — she still has four more chances to bring home medals to Halifax.

"It was a pretty tough all-around," the 18-year-old said Wednesday from Glasgow, shortly after competition wrapped up inside the Scottish Exhibition and Conference Centre.

Black had entered the all-around final ranked second after qualifications earlier this week. She finished Wednesday's all-around showdown with 54.157 points, falling just behind bronze medallist Hannah Whelan of England, who totalled 54.699 points.

The English swept the podium, with Ruby Harrold collecting 56.123 points to snag silver and Claudia Fraga-pane totalling a 56.132 score to win



Ellie Black performs on the beam during the women's all-around gymnastics competition at the Commonwealth Games in Glasgow, Scotland, on Wednesday. KIRSTY WIGGLESWORTH/THE ASSOCIATED PRESS

the gold medal.

Black said she's pleased with her performance overall, and is now concentrating on Thursday's finals in vaults and uneven bars and Friday's finals in beam and floor routines.

"I'm going to try to hit my routines the best I can, and hopefully show everyone what I can do," she said.

Black has certainly proven herself at major competitions before — she claimed fifth

Quoted

"Just being here, and being a part of it, is such an amazing experience."

Ellie Black

place in team competition and eighth place in vault at the 2012 Olympic Summer Games in London.

More recently, her Canadian team finished second

at the 2014 Pacific Rim Championships, where she also placed first in vault and third in the all-around competition.

"You have to go in and focus on what you have to do," Black said of advice she's been giving her less-experienced teammates this week at the Commonwealth Games. "It's like any other competition."

Canada finished fourth in team competition this week with 159.663 points.

AUS hockey

X-Women head coach takes a one-year leave

Longtime St. Francis Xavier University women's hockey coach David Synishin is stepping behind a new bench next season.

The university's department of athletics announced Wednesday he's taking a one-year leave to take on the role of director and head coach of the women's program at the Pursuit of Excellence Hockey Academy in Kelowna, B.C., for the 2014-15 season.

Synishin has spent 12 years as head coach at St. Francis Xavier University in Antigonish, in addition to three years before that as assistant coach, leading the X-Women to five Atlantic University Sport championship titles and eight Canadian Interuniversity Sport championship appearances.

He's also a four-time AUS coach of the year.

"We wish Dave well as he takes his talent and experience to the POE Academy," director of athletics and recreation Leo MacPherson said in a news release.

X-Women assistant Ben Berthiaume will take the helm as interim head coach in Synishin's absence, effective this August.

"Things will be business as usual with the X-Women hockey team this year and I look forward to watching them play all year," Synishin said in the release.

METRO

Lawn bowling

Medal eludes Foster in Glasgow

Jackie Foster's journey at the 2014 Commonwealth Games in Glasgow, Scotland, came to an end Wednesday.

The Lower Sackville native and teammate Leanne Chinery of Auckland were edged out 14-13 by top-ranked England in women's pairs competition.

Foster and Chinery staged quite a comeback, though, as they were down 9-0 after five ends. They clawed their way up to 14-10 in the 15th end and took a shot each in the final three ends to narrow it to 14-13 in the end.

They had been in a must-win situation in order to advance to quarter-finals.

METRO



Theisen-Eaton wins gold, Zelinka silver in heptathlon

Brianne Theisen-Eaton, left, and Jessica Zelinka celebrate after running the 800 metres in the heptathlon at the Commonwealth Games in Glasgow, Scotland, on Wednesday. Theisen-Eaton, from Humboldt, Sask., won gold with a score of 6,597, while Zelinka, from London, Ont., had a score of 6,270. Scan the image with the Metro News app for more from Day 7 of the Commonwealth Games. RICHARD HEATHCOTE/GETTY IMAGES

Dartmouth boxer knocked out of Games

Custio Clayton's dreams of bringing home a medal from the 2014 Commonwealth Games were dashed Wednesday in Glasgow, Scotland.

The Dartmouth boxer dropped his quarter-final bout in a unanimous 3-0 decision to Steven Donnelly of Northern Ireland.

It was the first time the 26-year-old welterweight has made it to the final eight at the Commonwealth Games, although Clayton also competed in the quarter-finals at the 2012 Olympic Summer Games in London.

Clayton had a strong start at this year's Commonwealth Games, defeating Jonathan Francois of Grenada 3-0 last Friday and then beating Baha-



Custio Clayton
THE CANADIAN PRESS

mian boxer Carl Heild by the same score Monday in the 69-kilogram bracket's round of 16.

Clayton made it to the round of 16 at the

2010 Commonwealth Games in New Delhi, India, claimed third place at the 2013 Pan-American Championships in Santiago de Chile and is a six-time amateur national champion.

Check out full results from Clayton's final fight in Glasgow at glasgow2014.com.

METRO

AUGMENTED REALITY

Stuck on 12 Across?
Scan this image with your Metro News app for today's crossword and Sudoku answers. It's OK. No one's watching.

→ See the full instructions on Metro's Voices page.



Horoscopes by Sally Brompton

♈ Aries

March 21 - April 20

Are you closer to reaching the targets you set yourself at the start of the year? If not, it may be time to adjust your sights.

♉ Taurus

April 21 - May 21

A colleague will let you down today and you won't be happy. But don't let it bother you because you're capable of making a success of a project on your own.

♊ Gemini

May 22 - June 21

Shove any worries you might have to the back of your mind. The Sun in Leo at this time of year brings all sorts of social and travel opportunities.

♋ Cancer

June 22 - July 23

Don't be hard on yourself if you haven't yet reached the heights you're aiming for. There is no time limit by which you have to be rich, famous or whatever else you think you should be.

♌ Leo

July 24 - Aug. 23

The past is of no concern. The only thing that matters is the future. Take each day as it comes and don't bother looking too far ahead. Your life will always be guided in the right direction.

♍ Virgo

Aug. 24 - Sept. 23

Don't tell others what they want to hear, tell them what they need to hear. A dose of reality is the only medicine to cure their ills and you are the one to demonstrate its efficacy.

♎ Libra

Sept. 24 - Oct. 23

Winning is important to you but sometimes you take it too far and expect too much of yourself. What happens today will remind you how good the simple things in life can be.

♏ Scorpio

Oct. 24 - Nov. 22

Try something you have never done before. Others may not approve but, if anything, that will make you more determined to go through with it.

♐ Sagittarius

Nov. 23 - Dec. 21

Others can waste their money if they wish but you have people depending on you and that means you must stay focused on what is important. You're a lot more responsible than most.

♑ Capricorn

Dec. 22 - Jan. 20

It may seem others are trying to make life difficult for you but likely you're making life difficult for yourself. What happens in the world "out there" depends on what goes on in your head.

♒ Aquarius

Jan. 21 - Feb. 19

Each time you think you're making progress someone changes the rules! The universe is trying to show you there are no hard and rules at all.

♓ Pisces

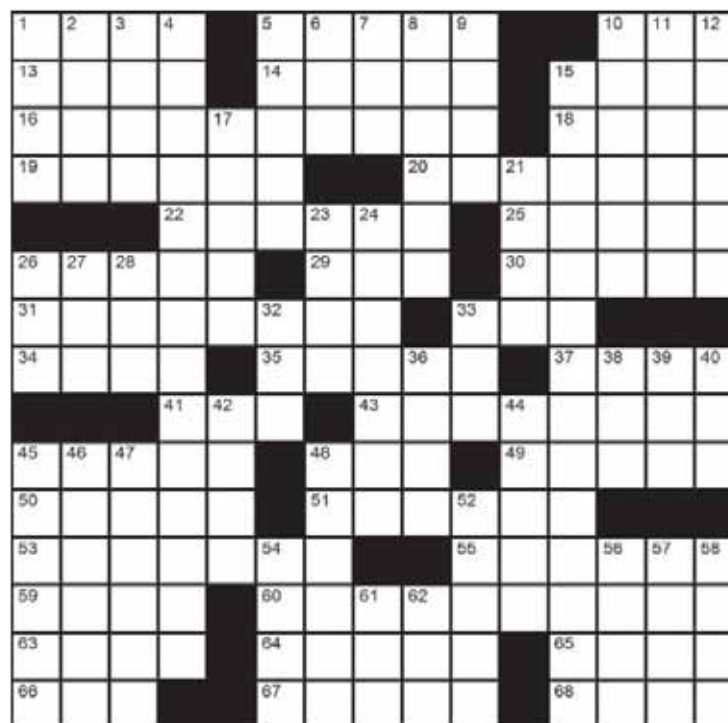
Feb. 20 - March 20

It may annoy you that a friend insists on everything being done their way but go with it. If it's a success you'll share the glory. If it's a failure it's their fault.

Crossword: Canada Across and Down by Kelly Ann Buchanan

Across

1. Straight-laced
5. Eve of "The Brady Bunch"
10. Printer resolution meas.
13. "Cityline" guest expert Mr. Dilio (Makeup artist)
14. Norse sea god
15. Brussels is its cap.
16. Toronto-born architect of Spain's Guggenheim Museum Bilbao: 2 wds.
18. French for 'the water'
19. Finalize
20. "You and I" Juno-winning singer who co-wrote Icona Pop's new song "Get Lost"
22. On an upswing
25. The Who album: 'Live at ...'
26. Internet device
29. "___ South"
30. Chasm
31. Ottawa: Canada ___ and Space Museum
33. Stockholm's li'l locale
34. Soccer feat
35. Texas landmark to 'remember', The ___
37. Invested-in letters
41. French pronoun
43. ___ tomatoes
45. Verse, in Verdun
48. Diving bird
49. Aerobics-wear material
50. Severus ___ ('Harry Potter' character)
51. Dictation-taker, briefly
53. Is employed: 3 wds.
55. Rioting reason
59. 'Symptom' suffix
60. Archies hit co-written by Canada's Andy Kim: 2 wds.



63. Shriveled
64. Actor Jeremy
65. Olfactory organ
66. Operative
67. Irish playwright, J.M. ___
68. Disapproving sounds!

Down

1. Computer files, e.g.
2. To laugh: French
3. Take ___ the waist
4. Canadian team in Major League Soccer: 2 wds.
5. Book parts
6. Actor Jason
7. "Icky!"
8. Desert wanderer's vision
9. Welsh opera singer Mr. Terfel
10. "So You Think You Can Dance" host Cat
11. Checkered pat-terns
12. Elton John's "___"

That's Why They Call It the Blues"

15. Nova Scotia desert: 2 wds.
17. The Kiss painter, Gustav ___
21. 'Hunger Games' actress ...her nickname
23. Rocker Billy
24. Canadian territory
26. Chatelaine, e.g.
27. Drake's record label, ___ Sound
28. Day: Spanish
32. '___' in Iqaluit (#24-Down's capital)
33. Abel, to Adam
36. Mr. Myers
38. Mr. Ocasek
39. Li'l season
40. Potted plant particle
42. Actor, ___ Cobb
44. Entrepreneur Mr. Musk's
45. "Hooley!" [pl.]
46. How police might get information: 3 wds.
47. Without problem
48. Bruce Springsteen album: 'Greetings from ___ Park N.J.'
52. Health care professional
54. Medical suffix
56. Inflated ids
57. Regina's prov.
58. "___ bien!"
61. 'Poly' suffix
62. Director Mr. Lee

Yesterday's Crossword



Online

See today's answers at metronews.ca/answers



Sudoku

How to play

Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved.

Yesterday's Sudoku



WITH THE METRO NEWS APP 2.0, THE NEWS OFTEN SPEAKS FOR ITSELF.

So do movie features, sports highlights, celebrity gossip...

Download the Metro News App today at metronews.ca/mobile



Visit metronews.ca



NEED MONEY?

\$300 - \$1500

- No credit checks
- No upfront fees

CALL NOW!

1-866-499-5629

WWW.MYNEXTPAY.CA

**FACTORY
AUTHORIZED
CLEAROUT SALE**
HURRY IN! LIMITED QUANTITIES REMAINING!

AT STEELE HYUNDAI IN HALIFAX

✓ **THE CAR YOU WANT**
✓ **THE FEATURES YOU WANT**
✓ **THE PRICE YOU WANT**

INCLUDES
BLUETOOTH,
KEYLESS ENTRY
& MORE!

WITH
AUTOMATIC
TRANSMISSION,
AIR CONDITIONING
& MORE!



2014 ELANTRA GL WITH AUTOMATIC

HWY: 5.3L/100 KM
CITY: 7.8L/100 KM



2014 "Highest Rated
Compact Car in Initial
Quality in the U.S."

\$15,799*
ONLY

- Automatic Transmission
- Air Conditioning
- AM/FM/Sirius/CD/MP3/iPod/USB
- 4-Wheel Disc & ABS Braking System
- Electronic Stability & Traction Control
- Remote Keyless Entry
- Power Windows & Locks
- Heated Front Seats
- Steering Wheel Audio Control
- Bluetooth® Hands-free System
- Telescopic Steering Wheel & Cruise
- Dual Heated Power Mirrors

**STEELE HYUNDAI,
REAL PEOPLE,
REAL VALUE!**

**5 YEAR
WARRANTY**

3625 Kempt Rd
Halifax, Nova Scotia
Phone: 902.982.3980
www.steelehyundai.com



Steele
HYUNDAI

*Plus taxes, freight & fees. While quantities last. In-stock only. May not be exactly as shown. See dealer for details.